Tuberculosis?

Please tell me more!

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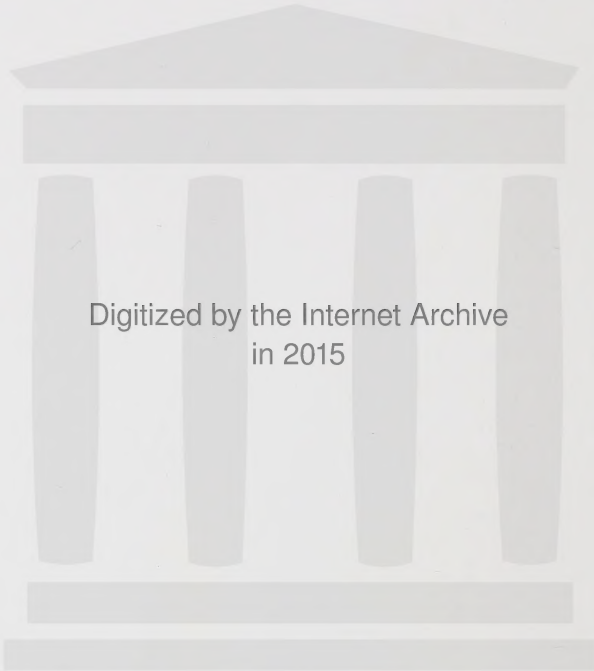

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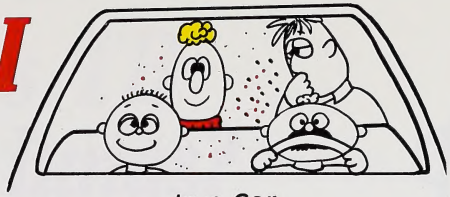
What is TB?

TB **(Tuberculosis)** is a communicable disease caused by infection with a tiny germ. The **Tubercle Bacillus** is commonly called the TB germ and has been around for centuries. As the oldest disease known, it dates back to the ancient Egyptian pyramids.

How did I get TB?



In a Car

At Work

You can get TB by being close to someone who is at the infectious stage and who is coughing or breathing out the germs. That means you can get TB by actually breathing in the germ that someone else has coughed out into the air.

At Home

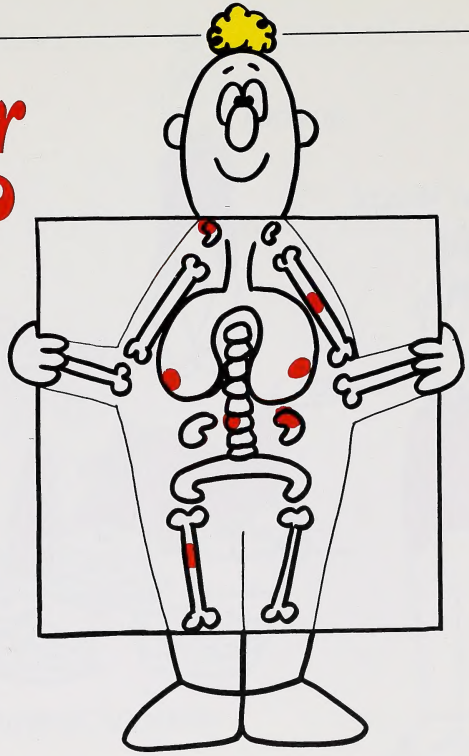
What does TB do to my lungs?

When TB germs are breathed into the lungs they may take hold and multiply to produce spots of disease. Infection with TB germs produce firm lumps in the normal soft spongy lungs. When the TB germs multiply they may cause so much damage that the centre of the lump turns to pus. As the pus drains out of the lump, a cavity or a hole is formed.

Can TB hurt other parts of my body?

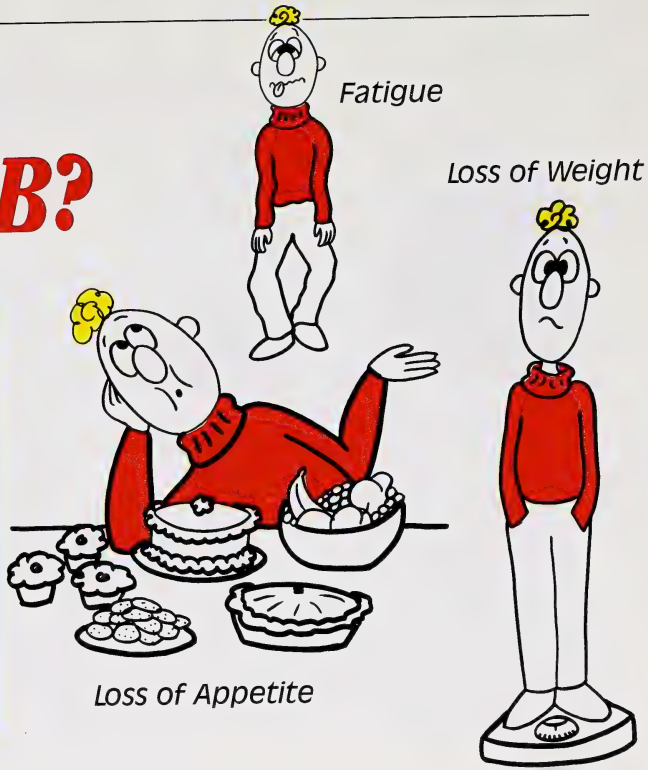
YES! From the infection in your **LUNGS** the TB germ can **TRAVEL** to any part of your body through your lymphatic system or your blood stream. Other areas to get TB are the **LYMPH NODES, KIDNEYS, JOINTS and BONES, LIVER, BRAIN, and REPRODUCTIVE ORGANS.**

In fact, TB can be found anywhere in your body.



What are the symptoms of TB?

The early signs of TB are:
- Loss of Appetite
- Fatigue
- Loss of Weight.



What are the advanced signs of TB?

The advanced signs are:
- Fever
- Cough
- Night Sweats

What test do you do for TB?

A skin test called **"MANTOUX"** is usually the first test given and if it is positive your doctor will want you to have a chest x-ray. You may be required to give a sputum and urine sample.

What does my positive skin test mean?

A positive tuberculin skin test could mean that you may have been in contact with someone coughing out TB germs. However, just because your skin test is raised and red doesn't mean you have the **TUBERCULOSIS DISEASE.** It only means you have TB germs in your body. This may need further attention, so you should check with your doctor.

What does my sputum (spit) show?

If TB germs are seen under the microscope you have tuberculosis. You are spreading the germs into the air. At this time you should be isolated because you can infect others.

What is a positive culture?

Since the germs multiply so slowly, it takes four to six weeks to get the culture results.

If the TB germs grow, your culture is positive and you definitely have **Tuberculosis.**

How is TB cured?

Tuberculosis is cured by taking medications for as long as the doctor or public health nurse advises.

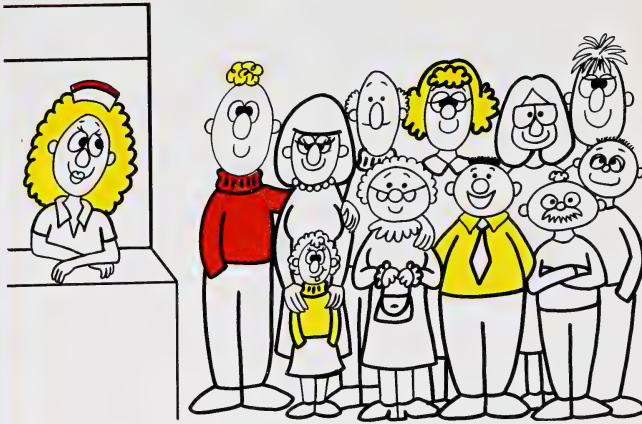
It is very important to take this medication regularly.

If my TB pills make me feel sick what should I do?

If your TB pills make you feel sick, call your doctor or public health nurse as soon as possible.

Can my family and friends catch TB from me?

Yes! All the people who have been in close contact with you need to be tested.



Is there any protection for my family and friends?

Some of your contacts may be offered pills that will prevent them from developing the tuberculosis disease.

When will I be cured of tuberculosis?

You will be cured of TB when the required treatment is completed.

What if I want to know more about TB?

If you have any questions or concerns about the information in this booklet, please call:

TUBERCULOSIS SERVICES

(403) 422-2444 (Edmonton, Alberta)
(403) 670-1656 (Calgary, Alberta)

Alberta Health

What if I want to order more booklets?

You can purchase additional copies of "Tuberculosis? Please Tell Me More!" from:

Alberta Queen's Printer Bookstore
11510 Kingsway Avenue
Edmonton, Alberta, Canada
T5G 2Y5

Telephone: (403) 427-4952
Fax: (403) 452-0668

The cost is $3.50* plus GST, per booklet which includes shipping and handling.

Payment in Canadian funds only and cheques should be made payable to : Alberta Provincial Treasurer. Visa and Mastercard are also accepted.

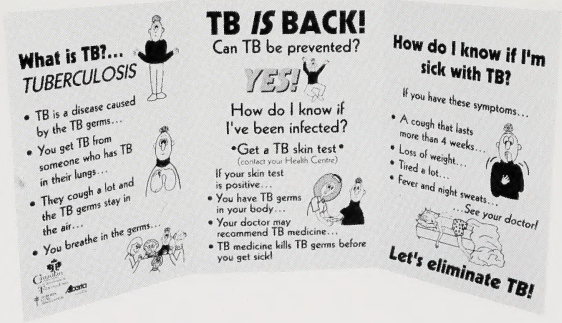
*Price is subject to change.

What about other TB resources?

This bright, colourful and eye-catching display highlights important information about TB. The display can be used as a stand alone or as a backdrop for presentations.

The display is 6 feet x 3 feet, folding to 2 feet x 3 feet for easy transportation. The display is shipped in a protective cardboard box.

The cost is $60.00* which includes GST, shipping and handling. Payment is in Canadian funds only and cheques should be made payable to: Canadians for the Elimination of TB.



For more information or to order, contact:

Tuberculosis Services
Alberta Health
8220 - 114 Street
Edmonton Alberta, Canada
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Fax: (403) 422-5149

*Price is subject to change.

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